

ABSTRACT

THE EFFECT OF CONSUMPTION PHALERIA MACROCARPA AND
SEAWEED DRINKS (PaS DRINK) COMBINED WITH VIRGIN COCONUT
OIL (VCO) TO DECREASE BLOOD PRESSURE AND ANKLE BRACHIAL
INDEX IN ELDERLY WITH HYPERTENSION

A Quasi-Experimental Study

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Introduction: Hypertension is the silent killer because the symptoms are not visible. In Indonesia amounted to 57.6% of hypertensive patients. Management of hypertension have been done on the pharmacological and non-pharmacological. This study aims to determine the effect of consumed phaleria macrocarpa and seaweed drinks (PaS drink) combined with virgin coconut oil to decrease blood pressure. **Methods:** This study used a quasi experimental with target population of 54 people by purposive sampling technique the sample was 40 people. The dependent variable of this study is the phaleria macrocarpa and seaweed drinks (PaS drink), virgin coconut oil (VCO), and a combination of PaS drink and VCO. The independent variable of this research is the blood pressure and ankle brachial index (ABI). The instrument was observation sheet. Data were analyzed used the Wilcoxon test and Kruskal-Wallis test. **Results:** The results showed that there was significant influence between consumed phaleria macrocarpa and seaweed drink (PaS drink) combined virgin coconut oil (VCO) to decrease blood pressure in the elderly with hypertension ($p=0,001$). **Discussion:** The future research are expected to do with many more sampelts and increase the time of the research, and capable control the consumption of sodium for optimal result.

Keywords : phaleria macrocarpa, seaweed, virgin coconut oil, elderly, hypertension, ankle brachial index